

## **PREVIEW\_ Sarah Hallberg - Interview (San Diego 2017) 1**

**Dr. Sarah Hallberg:** I think you just need to be really alert with what the potential safety concerns are. I mean number one, no patient with type 2 diabetes who is on medication should be doing this on their own.

It really needs to be done in conjunction with a physician who knows how to adjust those medications appropriately. And for the physicians knowing where the dangers are and the biggest danger is with hypoglycemia. So we always have to have that number one on the list.

So as a patient gets started on a low carbohydrate diet I would much rather have that patient floating a little bit higher than we normally would have as a goal, then too low.

**Dr. Andreas Eenfeldt:** Slightly high is not immediately life-threatening?

**Dr. Sarah Hallberg:** It's not immediately life-threatening and that's as we're decreasing medications. And obviously the goal changes.

**Dr. Andreas Eenfeldt:** How high is okay for you?

**Dr. Sarah Hallberg:** My goal in the first few weeks for patients is usually to have their blood sugar between 120 and 180. If we stay in that range, we're pretty comfortably able to stay away from any hypoglycemic events. Now patients are really counseled on this. Any blood sugar under 120, they need to let us know about it.